

Comal Independent School District

NEWS RELEASE

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Release Date: Jan. 14, 2008

“Eat to Win” booth to make debut at Comal ISD Taste of Town and Health Fairs

Recent research indicates that the old adage, “You are what you eat,” may be more accurate than many of us realize.

The “Eat to Win” booth, which will make its debut at this year’s Comal ISD Taste of the Town and Health Fairs Jan. 30 and 31, will stress just how important it is to eat healthy.

The “Eat to Win” concept was developed by members of the Comal ISD School Health Advisory Council as a means to educate parents and students about the importance of eating well and staying active.

“Eat to Win” will include a booth geared toward students, which will give them positive ideas for staying active, teach the importance of proper portion sizes, and will include health-based computer games and guest athletes.

Another table will show parents how simple it is to, “Eat to Win.”

Parent-table themes will include healthy and trouble-free breakfast and lunch recipes, as well as examples of healthy vs. unhealthy lunch boxes.

The Comal ISD Taste of the Town and Health Fairs are widely attended district gatherings with abundant food samples and several interesting and educational health booths.

This year’s events will take place Jan. 30, at Smithson Valley Middle from 3:30-6 p.m., and Jan. 31, at Freiheit Elementary from 2:30 -6 p.m. For more information, visit www.comalisd.org.